



LADIES, DITCH THE PANTY-LINERS: How to Fix Those Plumbing Leaks FOR EVER (Active Living Solutions Book 1)

Gail McGonigal

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My first e book is about leaking incontinence in women. This is because I have successfully resolved my own bladder leaks following being internally attached to an indwelling catheter after severe brain infection. Plumbing leaks as I call them are embarrassing for any women to suffer. My practical and simple strategy make performing the Kindle exercises given by Physiotherapy, much much easier to handle and overcome as long as you stick to the routine for at least three months. Then you will be free from wearing panty- liners for ever!

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